



My types of boundaries worksheet

Tick where you feel clear or stretched, write one example for each type, then pick one to strengthen.

01 Before you start: is this the right tool?

This worksheet is for relationships where both people are safe and can say no. It is not for a relationship where one person controls, frightens or hurts the other. If you are afraid of the other person, there is hitting or threats, you are controlled, or you are stopped from leaving, please do not try to set limits with them by yourself. Talk to a domestic abuse service first. In England, the National Domestic Abuse Helpline is free and open 24 hours on 0808 2000 247. In Scotland, call 0800 027 1234; in Wales, 0808 80 10 800; in Northern Ireland, 0808 802 1414. US: National Domestic Violence Hotline 1-800-799-7233. Elsewhere, see selfgrowth.org/help. If you are in immediate danger, call your local emergency number (999 UK, 911 US).

- ☐ I have read this and nobody in my life frightens, controls or hurts me

02 Physical and emotional boundaries

Physical boundaries cover your body, personal space, touch and privacy. Emotional boundaries cover your feelings and energy, such as how much you share and whether you take on someone else's mood as your job.

Physical: how does it feel right now?

- ☐ Clear: I know my limits and I can say them
- ☐ Stretched: I go along with things I would rather not

One example of a physical boundary, in my own words:

For example: 'I like a hug to be my choice.'

Emotional: how does it feel right now?

- ☐ Clear: I can care about someone without fixing their mood
- ☐ Stretched: I carry other people's feelings as if they were mine

One example of an emotional boundary, in my own words:

For example: 'I can listen without having to solve it.'

03 Time and material boundaries

Time boundaries are about how your hours and rest are spent. Material boundaries are about your money and belongings, and what you will lend, give or share.

Time: how does it feel right now?

- ☐ Clear: I protect time for rest and for what matters to me
- ☐ Stretched: other people's plans keep taking my time

One example of a time boundary, in my own words:

For example: 'I finish work at six.'

Material: how does it feel right now?

- ☐ Clear: I know what I will and will not lend or pay for
- ☐ Stretched: I lend or pay and then feel resentful

One example of a material boundary, in my own words:

For example: 'I do not lend money I need back.'

04 Digital and mental boundaries

Digital boundaries are about your phone, messages, passwords and what you share online. Mental boundaries are about your own thoughts, values and opinions, and being free to hold them without being talked out of them.

Digital: how does it feel right now?

- ☐ Clear: I decide when I reply and what I share
- ☐ Stretched: I feel I must always be available or hand over access

One example of a digital boundary, in my own words:

For example: 'I do not answer work messages after dinner.'

Mental: how does it feel right now?

- ☐ Clear: I can disagree and stay calm
- ☐ Stretched: I give in to keep the peace, or I feel pushed to agree

One example of a mental boundary, in my own words:

For example: 'I can say I see it differently and leave it there.'

05 Pick one to strengthen

Choose the type where you feel most stretched and a change feels safe to try. Then write the exact sentence, kind and short, that you could say. Signs a boundary is missing: for physical, you go along with touch or closeness you would rather not; for emotional, you carry someone else's mood as your job; for time, your hours keep going to other people's plans; for material, you lend or pay and then feel resentful; for digital, you feel you must always reply or hand over access; for mental, you give in to keep the peace.

The type I will work on:

The situation, in a sentence or two:

Use a role, not a name: 'a colleague', 'a family member'.

The exact sentence I will say:

State what you will do, not what they must do. For example: 'I can't stay late tonight, I will pick it up tomorrow.'

When and where I will say it:

How confident do I feel saying it?

1 2 3 4 5 6 7 8 9 10

Not at all

Completely

06 After I said it

Come back to this part once you have tried it.

What happened, and what did I do?

How confident do I feel now?

1 2 3 4 5 6 7 8 9 10

Not at all

Completely

When you're done, a moment to reflect

- Which type of boundary feels easiest to hold, and what helps you hold it?
- Which type do you give up first when you are tired or want to keep the peace?
- Is there a type you had not thought of as a boundary until now?
- What would you say to a friend who described the same situation?
- What is one small step you can take this week, and who could support you with it?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/types-of-boundaries-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.